

# January 2019 HOT MEALS-Congregate PG

# Meals on Wheels of Central Maryland

MONDAY

TUESDAY

WEDNESDAY




THURSDAY

FRIDAY

	<p>1) CLOSED</p> 	<p>2) Chicken Cacciatore Braised Lentils Broccoli Wheat Bread w/Marg Pineapple Tidbits Apple Juice Milk</p>	<p>3) Pork Roast w/Apricot Mustard Sauce Scalloped Potatoes Green Peas Wheat Roll w/Marg Fresh Fruit Orange Juice Milk</p>	<p>4) Creamy Tikka Chicken Parslied Rice Garlic Parmesan Cauliflower Naan Bread Mandarin Oranges Apple Juice Milk</p>
<p>7) Meatloaf w/Gravy Buttermilk Potatoes Brussels Sprouts Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</p>	<p>8) Glazed Ham Macaroni &amp; Cheese Spinach Dinner Roll w/Marg Mandarin Oranges Cranberry Juice Milk</p>	<p>9) Hamburger Sliced Cheese Baked Beans Apple Raisin Compote Carrot Raisin Salad Wheat Hamburger Bun Ketchup Orange Juice Milk</p>	<p>10) <b>SOUP: Vegetable Soup</b> Cranberry Dijon Chicken Rosemary Potatoes Cabbage Wheat Roll w/Marg Pineapple Tidbits Grape Juice Milk</p>	<p>11) Stuffed Salmon w/Newburg Sauce Confetti Rice Mixed Vegetables Wheat Bread w/Marg Fluffy Fruit Salad Orange Juice Milk</p>
<p>14) Turkey Meatballs w/Sweet &amp; Sour Sauce Garden Medley Rice California Blend Vegetables Wheat Roll w/Marg Fresh Fruit Cranberry Juice Milk</p>	<p>15) Beef Spaghetti Sauce w/Whole Grain Penne Pasta Green Beans Cherry Crisp Italian Bread w/Marg Orange Juice Milk</p>	<p>16) Baked Chicken Thigh Black Eyed Peas Cabbage Wheat Bread w/Marg Tropical Fruit Apple Juice Milk</p>	<p>17) 10 Grain Pollock Crispy Cubed Potatoes Harvard Beets Dinner Roll w/Marg Tartar Sauce Fresh Fruit Orange Juice Milk</p>	<p>18) Pork Roast w/Gravy Mashed Spiced Yams Green Peas Wheat Roll w/Marg Applesauce Cranberry Juice Milk</p>
<p>21) CLOSED</p> 	<p>22) Brunswick Chicken Stew Whipped Potatoes Spinach Saltine Crackers w/Marg Tropical Fruit Apple Juice Milk</p>	<p>23) <b>SOUP: Chicken Noodle</b> Breaded Pollock Crispy Cubed Potatoes Broccoli Wheat Hamburger Bun Fresh Fruit Grape Juice Milk</p>	<p>24) Sliced Roast Beef w/Gravy Whipped Potatoes Sliced Carrots Dinner Roll w/Marg Mandarin Oranges Apple Juice &amp; Milk</p>	<p>25) Beef Hot Dog w/Chili Blueberry Crisp Coleslaw Wheat Hot Dog Bun Ketchup &amp; Mustard Cranberry Juice Milk</p>

28) Fiesta Chicken Cilantro Lime Rice Mexicali Vegetables Wheat Bread w/Marg Mandarin Oranges Apple Juice Milk	29) Potato Crusted Fish Garlic Whipped Potatoes Glazed Carrots Dinner Roll w/Marg Tropical Fruit Grape Juice Milk	30) Beef Chili w/Beans Brown Rice Broccoli Saltine Crackers Spices Apples Orange Juice Milk	31) Creamy Paprika Chicken Buttered Bowtie Pasta Ratatouille Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk	
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***January 2019 COLD MEALS-Congregate PG Meals on Wheels of Central Maryland***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) CLOSED 	2) Sliced Turkey & Cheese Beet Salad Tropical Fruit Oatmeal Bread Mustard Juice Milk	3) Krab Salad Mixed Green Salad w/Dressing Macaroni Salad Fresh Fruit Wheat Roll Juice & Milk	4) Egg Salad Lemon Dijon Carrot Salad Applesauce Baguette Juice Milk
7) Sliced Turkey & Cheese Citrus Carrot Salad Pineapple Tidbits Croissant Mayo Juice Milk	8) Southwest Chicken Salad w/Dressing Three Bean Salad Fresh Fruit German Rye Roll Juice Milk	9) Sliced Ham & Cheese Tomato Salsa Fluffy Fruit Salad Oatmeal Bread Mustard Juice Milk	10) Tuna Salad Green Pea Salad Tropical Fruit Wheat Pita Bread Juice Milk	11) Chicken Salad Black Eyed Pea Salad Fresh Fruit Wheat Bread Juice Milk
14) Sliced Roast Beef & Swiss Cheese Mandarin Beets w/ Citrus Dressing Applesauce Rye Bread w/Mayo Juice & Milk	15) Seafood Salad Broccoli Slaw Sliced Peaches Baguette Juice Milk	16) Sliced Ham & Cheese Tex Mex Pasta Salad Fresh Fruit Wheat Bread Mustard Juice Milk	17) Zesty Baja Chicken Salad Carrot Raisin Salad Pineapple Tidbits Croissant Juice Milk	18) Turkey Chef Salad w/Dressing Chick Pea Salad Fresh Fruit Wheat Roll Juice Milk
21) CLOSED 	22) Egg Salad Patriotic Bean Salad Fresh Fruit Baguette Juice Milk	23) Sliced Corned Beef & Provolone Potato Salad Fresh Fruit Pumpnickel Bread Mustard Juice & Milk	24) Tuna Salad Pasta Salad Fresh Fruit Wheat Pita Bread Juice Milk	25) Chicken Pasta Salad Three Bean Salad Tropical Fruit Wheat Roll Juice Milk

<b>28) Sliced Roast Beef &amp; Cheese Black Eye Pea Salad Fresh Fruit Baguette Mayo Juice &amp; Milk</b>	<b>29) Turkey Salad Coleslaw Sliced Peaches Croissant Juice Milk</b>	<b>30) Sliced Turkey &amp; Cheese Couscous Salad Fresh Fruit Wheat Bread Mustard Juice Milk</b>	<b>31) Egg Salad Tomato Basil Salad Pineapple Tidbits Wheat Bread Juice Milk</b>	
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**TO CANCEL A MEAL, SHARE A CONCERN, OR ASK A QUESTION CALL TOLL FREE 1-866-558-0827**

**ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 1:30 pm. THE DAY PRIOR**

**MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE**